Suited Exercise

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:55		Work prep
07:55-08:10		Daily planning conference (S-band)
08:10-08:40	CDR	Nikon camera config for EVA
08:40-09:00		Crew personal gear staging for EVA
09:00-09:15	CDR	Air duct disassembly in DC1
09:00-09:15	FE-1	Comm config for suited run
09:15-09:35		Orlan systems check out during suited run
09:35-09:50		GCC [Orlan Interface Unit] checkout
09:50-10:20		Donning gear
10:20-10:50		Comm check and medical parameter check
10:50-11:05		Orlan ingress / sealing of backpacks
11:05-11:10		Orlan and BCC controls check.
11:10-11:15		Orlan and BCC preliminary leak check.
11:15-11:30		Orlan fit check at Orlan pressure = 0.4
11:30-12:00		Suited translation exercise
12:00-12:30		Orlan egress
12:30-14:40		Post-exercise cleanup ops, air duct assembly
14:40-14:50	FE-1	Post-exercise comm. reconfig for nominal ops
14:50-15:50		LUNCH
15:50-16:20	FE-1	COЖ maintenance
16:05-17:05	CDR	Physical Exercise (TVIS) day 2
17:05-17:10	CDR	TVIS Weekly Maintenance
17:10-18:40	CDR	Physical exercise (RED)
17:15-18:45	FE-1	Physical Exercise (TVIS) day 2
18:40-18:45	CDR	Transfer TVIS, RED, and HRM data to MEC.
18:45-19:15		Daily plan review
19:15-19:30		Daily planning conference (S-band)
19:30-20:00		Daily food prep
20:00-20:30		DINNER
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	FE-1	PLANTS-2. Payload status check
		IMS file prep

Note: 1. See OSTP for references to US activities.

2. Tagups with specialists during all EVA activities End of radiogram